

Abstract

The purpose of this study was to determine whether there were differences in the prevalence of risk factors for low back pain between two groups of subjects who had been exposed to different levels of physical activity. The subjects were divided into three groups based on their level of physical activity during the previous year: sedentary, moderate, and vigorous. The prevalence of low back pain was determined by a self-report questionnaire. The results showed that the prevalence of low back pain was significantly higher in the sedentary group than in the moderate and vigorous groups. This suggests that physical activity may be a protective factor against low back pain.

Keywords: low back pain, physical activity, prevalence, risk factors

Introduction

Low back pain is a common problem that affects millions of people each year. It can be caused by a variety of factors, including poor posture, heavy lifting, and lack of exercise. Physical activity has been shown to be a protective factor against low back pain, but it is unclear how much activity is needed to reduce the risk.

This study was designed to investigate the relationship between physical activity and the prevalence of low back pain. We hypothesized that individuals who engage in more physical activity will have a lower prevalence of low back pain compared to those who are sedentary.

Methods

The study involved a cross-sectional survey of 1,000 adults aged 18 and older. The participants were recruited from various community settings, including gyms, libraries, and community centers. They completed a self-report questionnaire that asked about their level of physical activity over the past year and whether they experienced low back pain.

The questionnaire used a validated scale to measure physical activity, with categories for sedentary, moderate, and vigorous activity. Low back pain was defined as pain in the lower back that interfered with daily activities.

Results

The results of the study showed that the prevalence of low back pain was highest among the sedentary group (approximately 25%), followed by the moderate activity group (approximately 15%), and the vigorous activity group (approximately 10%). These findings support our hypothesis that physical activity is associated with a lower prevalence of low back pain.

Conclusion

Based on the results of this study, we recommend that individuals at risk for low back pain engage in regular physical activity. While the exact amount of activity needed to reduce the risk remains to be seen, even moderate levels of activity appear to be beneficial.

References

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Ann Y. Lam

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